

ABSTRACT

Name of the work: Kinesiotherapy and healthy nutrition under treatment of overweight and obesity

Objectives of the work: Familiarization with kinesiotherapy, obesity, healthy nutrition and possibility of treatment in term of psyche and movement. The main objective of this work was to map the lifestyle (nutrition and motional habits, alcohol and stress) inhabitants of Chcb's borderland.

Method: Read up specialized publications and other information sources (internet, lectures, journals) concerning subject matter. After obtaining sufficiency of informations the theoretical part were created.

The practical part is set in on the basis of questionnaire survey, where were taking part 103 respondens (57 Czechs and 46 Germans) suffering from overweight and obesity. After this followed the creating of recording forms and tables, where were the results from questionnaire incribed. Obtained data were analysed and transfered to diagrams. The particular results had been judged by form of discussion from whom was appointed the result.

Results: Healthy nutrition and sufficient measure of movement is the basis of successful tabescence. Germans either Czechs between the ages of 40 and 60 have lowered movement activity and their nutrition ways would need to be changed so that their weigh reduce. The results of questionnaire survey could make for elaboration of particular programs for individuals, who want to reduce their weigh and need professional advice.

Keywords: Kinesiotherapy, healthy nutrition, obesity, movement activity